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FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE

Eighth Annual Squaxin Island Drug & Alcohol Awareness Dinner

You don't need to be in recovery, just sober for the event and children are welcome!



People are dying, children are losing parents, and families are saying goodbye to loved ones prematurely. The purpose of this dinner is to raise awareness of the effects that drugs, alcohol, trauma, and grief and loss have on individuals, families, and communities and to provide resources to the same. We hope to bring families together for support and to facilitate the healing process. Encourage anyone who has been affected by drugs and/or alcohol, through either personal use or a loved one's use, to attend. There will be a free dinner, free give-away, free info, and a free T-shirt (while supplies last) to all that attend. This year's T-Shirt design is yet to be determined.



The dinner will be held on Sunday January 25th at 1:00 p.m. at Little Creek Casino's Event Center. This year's main speaker is Claudia Black who is a renowned author and trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. Others participating this year are: Squaxin Safe Streets, Mason County Prevention and Specialized Services (PASS). Pass is also hosting a candlelight vigil to memorialize loved ones lost due to drugs or alcohol. This year's sponsors are: Squaxin Island 1%, Little Creek Casino Resort, Safe Streets, Skokomish Indian Tribe Program, and the Semanko family. For more information, please contact Christine at 360-402-7297 or by e-mail at cree2sober@aol.com. See you there!

FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE


Claudia Black's work with children impacted by substance abuse in the late 1970s created the foundation for the adult child movement. Today Claudia is a renowned author and trainer internationally recognized for her pioneering and contemporary work with family systems and addictive disorders. She serves as a Senior Fellow and Addiction and Trauma Program Specialist at the Meadows Treatment Center in Arizona. She sits on the Advisory Board for the National Association of Children of Alcoholics, and the Advisory Council of the Moyer Foundation.

Claudia was the first to name and coin the dysfunctional family rules phrase, "Don't Talk, Don't Trust, Don't Feel" and phraseology of "Adult Child of Alcoholics."

She utilized art therapy in the context of group work with young children that offered a model for children's programs for the past three plus decades.

She broke the barrier and openly discussed physical and sexual abuse in the context of addictive families.

7th Annual Squaxin Community Salish Sea Plunge
Bring in 2015 with a cool dip into the Salish Sea!



Thursday, January 1st 2015
11:00 AM @ Arcadia Boat Ramp
The plunge will occur at 11:05 AM sharp!

Be a part of the New Years tradition by join us for this fun, drug and alcohol free community event. Everyone of all ages welcome to participate. Costumes are strongly Encouraged.

We will be collecting non-perishable foods to donate to the Squaxin Island Tribe Food Bank.

For more information contact: Joseph Peters (360)432-3813 - jcpeters@squaxin.us



Council Corner

Whitney Jones - Happy New Year! I hope you had a joyous holiday with family and friends and that you are looking forward to exciting new things in 2015.

The holidays made December kind of a short month, but it was still filled with fun activities for the community and the youth. Santa helped with the TLC tree lighting ceremony and the TLC Youth Christmas Party was a hit as always. The Elders had 12 days of Christmas craft making and a dinner with gift exchange at the casino too. A special thank you to the NR department for conducting their annual food drive and to the KTP Stores that did food drives as well. Also thank you to the employees who generously "adopted a foster family" for Christmas; our tribal families and community members really are well-supported and truly blessed.

They say that change is the only constant, and our Tribe will see a lot of change in 2015. You have elected Tribal Council members to help lead our Tribe through that change, but your input and feedback is needed to make sure that strategic planning includes community ideas and vision.

Island Enterprises continues to host meetings to gather input on economic development suggestions and to capture ideas for community development as well. We need you to participate in one of those meetings or fill out the survey link on the Daily Scoop. And please join us for the mid-year General Body Meeting on Saturday January 10th in the Tribal Center Great Hall. Many of us are working hard to create opportunities for you to be heard; it's time to speak up in a positive way.

Wishing you the best in 2015!



Office of Housing

Department of Community Development

Attention Housing Applicants

REMINDER-If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last known address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Lisa Peters, Housing Counselor, at (360) 432-3871.

If you do not update your address to receive the update application and/or do not update your application by March 31, 2015, your name will be removed from the housing waiting list.

Squaxin Island TRIBAL NEWS

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Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

DAVE LOPEMAN: Chairman
ARNOLD COOPER: Vice Chairman
PETE KRUGER: Secretary
ANDY WHITENER: Treasurer
WHITNEY JONES: 1st Council Member
JIM PETERS: 2nd Council Member
VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
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Squaxin Island Tribal Council invites
tribal members and their spouses to the

Winter General Body Meeting

Saturday, January 10th, 2015

9:00 a.m. in the

Tribal Council Chambers

Lunch will be served at noon!

Any questions?

Please call 426-9781.





Tribes Urge Defeat of Federal Land Transfer to Foreign Companies

Northwest Indian Tribes have urgently called upon the United States Senate to defeat a section of S. 1847, the 2015 National Defense Authorization Act, which would transfer more than 2400 acres of the Tonto National Forest in Arizona to private British and Australian mining firms.

"If such a land transfer provision seems out of place in a defense bill, that's because it is. If the idea of transferring the ownership of federal forest lands to foreign mining companies seems absurd, it's because that's true, too," said Fawn Sharp, President of the Quinault Indian Nation and the Affiliated Tribes of Northwest Indians and Area Vice President of the National Congress of American Indians.

The Quinault Nation Business Committee sent a letter to Senate Majority Leader Harry Reid, Minority Leader Mitch McConnell and the chairs and vice chairs of the Senate Armed Forces and Indian Affairs committees today asking that section 3003, the Southeast Arizona Land Exchange and Conservation Act of 2013, be stricken from S. 1847, the National Defense Authorization Act (NDAA) of 2015.

"Tribes, tribal organizations, and many other governments and groups from across the country strongly oppose this provision, and for very good reasons," said Sharp. "This action, of transferring land out of federal ownership removes it from the Federal Trust Responsibility, which, along with treaty rights, is a primary way the Tribes have left to protect our traditional lands from being destroyed," she said.

"We have had to fight this effort before, and we will keep on fighting it," said Sharp. The ATNI passed a resolution opposing the effort in 2011 and there were several efforts to move it last year," she said. A large bipartisan group of members of the House of Representatives twice pulled the Land Exchange from House floor consideration in 2013. "The Land Exchange cannot pass Congress on its own merits. Attaching this provision as a rider to NDAA represents the antithesis of democracy," she said. It is part of the United States' sad history in its mistreatment of Tribes that the lands administered by U.S. land management agencies are lands taken away from Tribes by the Federal government. These lands are ancestral homelands of Tribes and we still retain our connections to them. Despite the United States' historical mistreatment, Native Americans have always served with honor and distinction in high numbers in the U.S. armed forces. However, Section 3003 disregards the military service of Native Americans to this nation. This proposed giveaway of tribal sacred areas to foreign corporations constitutes a violation of trust and a slap in the face of our veterans, past and present, said Sharp.

"These are sacred lands. All land is sacred to us, but this exchange includes a place of worship known as Oak Flat, which has particularly significant religious, cultural, historical, and archeological value to Tribes in the region. The land is eligible for protection under the National Historic Preservation Act. By privatizing the land, Section 3003 enables the foreign corporation to circumvent the Native American Graves Protection and Repatriation Act, the Archaeological Resources Protection Act, the American Indian Religious Freedom Act, and other Federal laws designed to protect native sacred sites, culture, and to fulfill the Federal government treaty and trust obligations to all Indian Tribes," said Sharp. "This is a terrible precedent," she said.

It is also a bad precedent, Sharp points out, because the provision does not allow for any meaningful consultation with Tribes, and it mandates that the Secretary of Agriculture convey the land to Resolution Copper within one year of the enactment of the legislation without any advance studies or environmental impact assessments of the impact.

"As if that's not enough, Resolution Copper—the mining company owned by the foreign mining giants in this deal—would be developing a copper mine that will forever destroy the Tribes' religious practices by irrevocably harming the region's water supply and quality," said Sharp.

Resolution Copper seeks to develop and operate the largest copper mine in North America in the Oak Flat area. Resolution Copper plans to use the highly destructive block cave mining method to remove one cubic mile of ore – the equivalent of 1400 football stadiums – 7,000 feet beneath the surface of the Earth without replacing any of the Earth removed because, they say, it is the cheapest form of mining. Resolution Copper itself admits that the surface will subside and ultimately collapse, forever destroying tribal sacred areas.

"It may not be important to them, but it is to us," said Sharp.

"At what point do human rights and justice stop taking a backseat to profiteering in this country?" asked Sharp.

Resolution Copper is owned by the foreign mining giants Rio Tinto PLC (United Kingdom) and BHP Billiton Ltd (Australia). Rio Tinto PLC, is a company with ties to the Iranian Foreign Investment Corporation in a Namibian uranium mine.

"We strongly urge the U.S. Senate to strike section 3003, the Southeast Arizona Land Exchange and Conservation Act of 2013, from S. 1847, the National Defense Authorization Act of 2015. Moreover, we strongly encourage the Senate, and all of Congress, to adopt strong and progressive government-to-government policies with the Tribes. As we rapidly approach the 144th congressional session and the new year, let's move forward, together, and make 2015 a year when we truly listen to each other and find ways to work together," said Sharp.

CONTACT:

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Water4fish@comcast.net

it's not "just play"

Play is an essential part of early learning.

It is the lifeblood of the learning process.

As children play they are developing the cognitive, socio-emotional and physical skills they will need to take them into a successful adulthood.

They are developing their curiosity, problem solving, intentionality, flexibility, and verbal & non verbal skills.

Socio-emotionally they are developing their emotional intelligence - learning confidence, cooperation, negotiation, sharing, empathy and how to communicate appropriately.

Physically their fine motor and gross motor skills are being practised and developed.

It's not "just play" they are skills for life!

MHC Early Childhood Solutions



Because of the timing for writing articles and getting the Klah-Che-Min printed, we won't be able to share photos of the 2014 Christmas Party and Youth Basketball Tournament until the February edition. For now, we'll be posting some of the photos on our TLC Facebook page. Youth participation in the intertribal league continues. We invite everyone to join us in cheering for the kids. Check out the calendar for information on home and away games.

TLC provides a lot of educational support services and we encourage anyone with questions to call us for more information. We provide on-site tutors at Bordeaux Elementary, Olympic Middle School, Oakland Bay Junior High School and Shelton High School. We have after school homework help, Sylvan tutoring, and GED instruction. We offer the Tu Ha' Buts Learning Academy, an alternative high school program. Tribal members can receive funding support for higher education, or job training and placement. If you have questions or concerns about your student's success in grades K-12, please call Peggy Peters at (360) 432-3826. If you want information about Higher Education, please call Mandy Valley at (360) 432-3882. If you have other questions or concerns about the Education Department, call Gordon James at (360) 432-3904.

CHUM Calendar

Continued on Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Teen Center Closed Happy New Year!	2 Teen Center Closed
5 JR.H/HS Basketball Practice 4:15-5:30pm Homework Party in Teen Center 3:30-6:00	6 JR.H/HS Basketball Practice 4:15-5:30pm Homework Party in Teen Center 3:30-6:00	7 Basketball Game TBD Homework Party in Teen Center 3:30-6:00	8 Snowboarding Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm	9 Early Release Family Game Night 4pm -6pm Homework Party in Teen Center 3:30-4:00
12 JR.H/HS Basketball Practice 4:15-5:30pm Youth Council 3:30-4:15	13 Teen Craft Day JR.H/HS Basketball Practice 4:15-5:30pm	14 Basketball Game TBD	15 Snowboarding Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm	16 Teen Center Closed (Computer Lab open upstairs)
19 Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm	20 Teen Craft Day JR.H/HS Basketball Practice 4:15-5:30pm	21 Basketball Game TBD	22 Snowboarding Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm	23 Teen Center Closed (Computer Lab open upstairs)
26 Youth Council 3:30-4:15 JR.H/HS Basketball Practice 4:15-5:30pm	27 Teen Craft Day JR.H/HS Basketball Practice 4:15-5:30pm	28 No School Hiking Day TBD Basketball Game TBD	29 Snowboarding Teen Center Closed JR.H/HS Basketball Practice 4:15-5:30pm	30 Teen Night 7pm -10pm



Congratulations Leila Whitener *Bachelor of Science, Native Environmental Science*

Leila Whitener received her Bachelors of Science from Northwest Indian College in Native Environmental Science December 12th! She graduated from Shelton High School 2009, interned with John Konovsky as a Natural Resources Technician in 2012, attended Fort Lewis College in Durango, CO which took her into Ethiopia and Tanzania Africa for 10 weeks! After that she came back to NWIC to finish to earn her Associates and then her Bachelors degrees! This past summer she completed an internship at Scripps Institution of Oceanography, which is one of the top research facilities in the country! Then she's back off to Africa for Peace Corps in Malawi for 2 1/4 years.

"I will be working in resource management in either the Department of Forestry or Parks & Wildlife in Community Education to help local people live a more sustainable lifestyle."

Her whole family is so VERY proud of her!

Congratulations, Leila!!!



Big, Big Thanks Jeremiah Roberts and Isaiah Coley! *Extraordinary Basketball Coaches*

Jeremiah Roberts and Isaiah Coley, the son of Annie James-Coley and Frank Coley, have been at youth basketball practice every Monday through Friday, serving tribal youth as volunteer Coaches! Their dedication to the tribal community is noted and appreciated so very much as they teach youth about, not only basketball, but also being part of a team, social interaction, values and trust.

Both of the men grew up in our tribal community playing basketball.

Isaiah has helped throughout the years in coaching basketball tournaments with another community member, Mark Snyder. Isaiah is one of the Squaxin men who practice at the gym weekly.

Jeremiah Roberts is the grandson of Annie and Frank, and is Isaiah's nephew. Jeremiah was a youth mentor this past summer. He is very passionate about teaching the youth how to play a good game through outstanding sportsmanship.

These two also play on a mens' basketball team, and their love of the sport is being passed on to the youth in a wonderful way.

THANK YOU so very much, Isaiah and Jeremiah!

Youth Education, Recreation and Activities Calendar

Squaxin Youth Education, Recreation and Activities Calendar

TLC Hours: M-F 7:30am-7:00pm

Front Desk: 432-3958

Rec Rm: 432-3275 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

Monday	Tuesday	Wednesday	Thursday	Friday
5 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm Open Swim: 3-6pm	6 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	7 <i>GSD - ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm Open Swim: 3-6pm	8 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	9 <i>SSD- ER 1.5HRS</i> Rec Rm: 2:30-6pm Fun Day: Make Pet Treats Open Gym: 2:30-6pm Open Swim: 5-8pm
12 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm Open Swim: 3-6pm	13 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	14 <i>GSD - ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-4:15pm I.T.B. - TBA Open Swim: 3-6pm	15 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	16 Rec Rm: 3-6pm Fun Day: Winter Ball From 5-7pm Open Gym: 3-6pm Open Swim: 5-8pm
19 <i>NO SCHOOL</i> Rec Rm: 10am-4pm Arts-n-Crafts: 1:30-3pm Gym: 10am-4pm Pool Party: 10:30-12:30 Open Swim: 3-6pm	20 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	21 <i>GSD - ER @ 2:15pm</i> Rec Rm: 2:30-6pm Game Day: 5-6pm Open Gym: 2:30-4:15pm I.T.B. - TBA Open Swim: 3-6pm	22 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	23 <i>SSD- ER 1.5HRS</i> Rec Rm: 2:30-6pm Fun Day: Science Open Gym: 2:30-6pm Open Swim: 5-8pm
26 Rec Rm: 3-6pm Arts-n-Craft: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm Open Swim: 3-6pm	27 Rec Rm: 3-6pm Cultural: 5-6pm Open Gym: 3:00-4:15 Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	28 <i>GSD - ER @ 2:15pm</i> <i>SSD- No School</i> <i>WHL - ER @ Noon</i> Rec Rm: 12:00-6pm Game Day: 5-6pm Open Gym: 12:00-4:15pm I.T.B. - TBA Open Swim: 3-6pm	29 Rec Rm: 3-6pm Crafty Kitchen: 5-6pm Open Gym: 3:00-4:15pm Bball - Jr/HS 4:15-5:30pm Bball - Elem - 5-6pm	30 Rec Rm: 3-6pm Fun Day: Movie Night From 5:30-7pm Open Gym: 2:30-5pm Open Swim: 5-8pm
TLA: M: 1-4pm & 5-7pm; T: 1-4pm; W: 3-6pm; F 1-4pm After School Snacks: M-F 3:45-4:45pm Computer Lab: M-Th 3-7, F 3-5pm Sylvan: M-Th 4:30-6:30pm Homework Help, GED Prep: T-TH 4-7pm		ER = Early Release WHL = Wa-He-Lut Indian School SDD = Shelton School District GSD = Griffin School District TLA = Tu Ha' Buts Learning Academy		I.T.B. - Inter-Tribal B-Ball High School: 9-12 Grade Middle School: 7-8 Grade Elementary: 4-6 Grade



Youth Council events. What I took away from the event was perseverance, comfort, friends, family, and guidance. I hope the youth who came experienced something positive as well. Youth Council will continue to strive for a larger group of youth willing to join so we can have more successful events.

Thank you to everyone who participated and attended the event, and we also thank Tribal Council Member, Jim Peters, for speaking and representing Tribal Council. We all appreciate your support as we look forward for a brighter future for our youth.



Afterschool Youth Program

Jerilynn Vail- Just a few reminders... If you have a new cell phone number or any changes to the pick-up list for your child, please stop in and let us know! We want to make sure we have current numbers for all our families. If you need to reach the staff in the Rec Room our number is 432-3275. My number to my desk is 432-3992, or if you need to reach Jaimie upstairs her number is 432-3958.

We have lots of things going on for January's calendar:

- The after-school program will be closed, until the youth return back to school on the 5th.
- The Inter-Tribal Basketball (I.T.B.) upcoming session will be for Elementary and Jr. High ages. Practices will begin on Monday the 5th and the first games will start on the 14th. Once we receive the new schedule we will have it posted on our Facebook page, the daily scoop or you can stop by to pick-up a copy of it downstairs at the gym.
- Winter Ball Dance for the youth is planned for the 16th. We will be looking for volunteers to help us set up, clean-up and join us for a little fun!
- There is a "No School Day" on the 19th to observe Martin Luther King. The afterschool program will be open from 10:00 a.m. to 4:00 p.m. with a pool party scheduled from 10:30-12:30. Activities are planned throughout the day as well.
- We have fun science experiments planned on the 23rd for the Early Release
- Please look at our calendar on the 28th to see our hours for the day. Each school has a little bit of a different schedule for the day.
- Our movie night for January is on the 30th with a movie beginning at 5:30 and parent pick-up at 7:00 p.m.

Teen Center/CHUM Project

Please check out the January calendar as the Teen Room schedule is a bit different due to the planned activities. For those of you who are signed up for snowboarding, don't forget this is on Thursdays and the Teen Center will be closed on snowboarding days. Laurel will be out on the 16th, 19th and 23rd and the Teen Center will be closed those days as well.

For the January calendar:

- Youth Council meetings are planned for Mondays, January 12th and 26th.
- We have craft days on most Tuesdays. Don't forget to check the calendar.
- We're planning a hike for the 28th but we haven't settled on which one. Let us know what you think.
- Teen Night is on the 30th and we'll be open later.

Fantasia Baton Twirling Corps

Fantasia Baton Twirling Corps, with many young tribal members included, were in the downtown Shelton Christmas Parade this year. There are also twirlers from other tribes who attend Wa-He-Lut Indian School.

Thanks to all those who supported Fantasia by purchasing Christmas wreaths!





Walking On



Sabrina Johns

Sabrina Harper Johns, died November 20th. She was born October 12, 1958 to Martha Ann Whitener and Collen Harper in Olympia.

Sabrina was married to Delwin Johns.

She made a living clam digging and fishing as a member of the Squaxin Island Tribe. She was also a bartender.

Sabrina enjoyed gardening, baking, crocheting, being with her family and listening to her husband, Delwin, play the guitar.

She collected penguin memorabilia and loved music and children.

Sabrina is survived by husband, Delwin Johns; stepchildren Del Johns, Dave Johns and Douglas Johns; brothers, Rick Harper, Russell Harper, Jason Koenig and Greg Koenig; nieces Candace Larson, Krystal Koenig and Kendra Blueback; and grandchildren, Mark Justin, Tyler, Jennifer, Kalea, Jessica and Jacob.

A service was held December 2nd. Out of respect for the family, the Tribal Center was closed that day.

Troy Baxter
Owner

Baxter's Carpet Cleaning

360-266-8109
baxterscarpetcleaning@yahoo.com
UBI: 603 423 316



Ancient & Modern Northwest Native Basketry: STEAM, The Evergreen State College, Reservation-Based Community-Determined Program, Chehalis Site

Dale Croes, Director, Pacific Northwest Archaeological Society (PNWAS) & Adjunct Faculty, Anthropology, Washington State University - I wanted to share some of the results from The Evergreen State College (TESC) class (2 credits) that took our basketry and STEAM (Science, Technology, Engineering, Art and Math) approach without the Museum Exhibit part. I told the Evergreen students they should take the Northwest Indian College (NWIC) Museum Studies class with the Squaxin Museum teaching team and add the Museum Studies/Exhibits component!

On their first day of class, they attended NNABA at Squaxin Island's Little Creek Casino Resort, which really set the stage for their understanding of the cultural power of basketry.

Final Class Report submitted to Dale Croes by student Vincent Cooke, Makah:

Isabelle Ides My great grandmother was one of the last great basket makers at Makah. I have never really referred to her as my great grandmother but just "grandma". Since I was very young I have been close to Grandma Isabelle. Martin Smith my first cousin and I would ride out on peddle bikes to her house in the summer time, we used to call her beach house out Sooes Beach "out the country" because it seemed so far away. From our houses in the village of Neah Bay it's about a 4 mile bike ride to her beach house. This was a long dirt road back in the day when we were 11 or 12 years old with lots of bumps and lots of dust; you really had to want to go out to Sooes back in the day. Now the road is fully paved and kids our age do not ride bikes like we used to nor do they visit their grandparents like we used to, now it's about computers and cell phones.

Martin and I would ride out to see grandma normally on the weekends. When we would arrive at her house she would be sitting in the corner making baskets and whistling. The whistle she made used to sound like the ocean - very soothing. When I am nervous I make the same whistle today; it helps calm me down and I think about my grandmother as well. When she was in the corner making baskets she would hear us come in and smile at us. We asked, "What are you doing grandma?" and she said, "Making basket!" She loved to make basket and was really good at it.

She would ask us if we wanted fruit or candy and we would say "no". Then she would ask, "Do you boys want fish jerky?" and we said, "Yes, we do!" She would laugh and give us each our own bag and we

would then go play outside or on the beach while she continued to make baskets. There was one time she asked us if we wanted to make basket and Martin and I both said yes. This was the only time that I completed a small basket; I recall having a very tough time making the basket. Making a basket is not an easy task; it may look easy but I guarantee you it is not. The small lop-sided basket I made took several hours to complete and Martin's basket took several hours as well. She offered us direct supervision and of course we had lots of questions. We wanted canoes and whales on our baskets and she laughed. After that we figured we would be lucky to make a very small basket. She said after we complete our baskets she would sell them and we could have the money from the baskets. We learned that day this is how she made her living and her craft shop was more than a place for us to play.

Once you really think about it, you must first gather your materials even before you can even begin making a basket. Where did my grandmother get such



Charlene Krise giving a presentation on STEAM for Dr. Dale Croes' class

materials? Each summer she would gather bear grass from the marsh land at the Hoko River. Sometimes the Hoko archaeologists and we would gather it for her, slit it and dry it. On one occasion Martin and I were lucky enough to go with her and Grandpa Harold Ides to gather cedar bark. Martin and I did not know where we were going that day. Grandpa gathered us and said, "Let's go, grandma needs more cedar bark." Martin and I got in the back of his pickup truck and we proceeded up to Cape Flattery deep into the woods. Grandpa had a large section of rope and an ax; seems like he always had an ax with him. He found one of the biggest cedar trees I have ever seen in my life and he started going to work.

He chipped away at the bottom of the bark and got it loose and tied the rope to it. Then he pulled it by hand as far as he could and then he started pulling the

rope as the bark separated it's self from the tree. He yelled at us and told us to look out. You could hear the bark ripping away from the tree; a very unique sound I still remember today.

He was pulling on this rope with all his strength and finally it was at the top and he gave it one final pull and tons of bark came raveling down at us, we thought, "Wow! Grandpa is smart and strong." This bark would make lots of baskets grandma told us and we started helping her peel the bark back away so it would be easier for us all to carry it out of the woods.

We got back to their house with a truck load full of bark; not bad for one afternoon. I remember some of the other grasses she needed for baskets came from family in Canada. She would trade fish or other things for grasses she needed. Her sister, Lena McGee, dyed the grass different colors, black, red and sometimes green. I remember going to her house and seeing the grass being colored; the sisters would also trade with her for the dyed grasses. All of the gathering of grasses took place during the summer months while gathering bark occurred in the fall time, sometime in the early spring. Is basket making really an art? Of course and it also contains a lot of math which was a surprise to me. While putting designs on baskets you have to have very complicated math skills. You have to measure the size of your basket and be able to make sure your design is going to be able to fit on the size of the basket you are making.

To be able to make sure your canoes are even you have to know math. To be able to put ducks on a basket you have to know the basics of math.

To make sure your basket is symmetrically shaped you have to have math skills to be able to size it correctly. These skills have been passed down from generation to generation. Working with basket material since I was 11-12 years old has given me a unique understanding of the complexity of all materials. Different materials from different collections such as the 3,000 years old Hoko River and 500 years old Ozette collection have been unearthed. Hoko is a Spring and Summer fishing camp where different materials and different designs were made for different purposes. The Ozette collection, which was a year round village, had many diverse designs and patterns as well as patterns from California Tribes due to the trade route we used. Both collections contain basket materials which are still used today by many Makahs. Having worked at the Hoko Digs as a kid and being a site supervisor for several years at



the Hoko Wet Site I got to see baskets and be the first one to touch and analyze baskets which my great great grandmother could have made. The feeling being the first one to see such baskets after being buried for 3,000 years is something I have a hard time explaining other than "WOW!" I have had the great opportunity of being the conservator for the Makah Museum as a younger man and having the opportunity of working on the Hoko Digs as well as the Ozette Collection; conservation of these artifacts is a rather important process.

Having worked with these artifacts I have had a chance to examine some of the detailed designs some of which belong to the Tribe as a whole while others belong to individual family members. The ones that specifically belong to the tribe are still used today while some of the family designs are not talked about, although, the weaves and patterns are duplicated with today's basketry. Most of this is passed down through generations and generations of family teaching. The Hoko basket collection is more fragile than the Ozette collection; the Ozette collection is much younger as the Hoko collection is thousands of years old. While the conservator of the Makah Museum we were able to preserve some of the collection and designs by working with the Canadian Conservation Institute which is located in Ottawa, Canada. We worked with some of the top leading scientists in the world on how to preserve the Ozette and Hoko Collection. We filled the dead wood cells with sugar and freeze dried them; this replaced the dead wood cells giving the artifact stability and by freeze drying it also gave the color back at least some details of the original color. If we were able to freeze dry all of the artifacts we would be in good shape but this costs time and money, none of which the Tribe has at this time.

I remember when they would fly the artifacts from Ozette to the Tribe's lab which was located next to the Tribal Center. The museum staff would gather the elders when the artifacts landed and the elders would identify the artifacts by memory or by talking among one another. The non-Makah archaeologists often did not know what certain pieces were used for so the elders would identify such pieces for them. My Grandma Isabelle and Grandpa Harold were among the elders that helped identify some of the artifacts. Today when you go through the Makah museum you see a large array of baskets on display, some of which I worked on as a conservator and have cared for over the years. You can also hear my grandma and grandpa speaking in the longhouse. At home I have a small collection of my grandma's baskets which mean the world to me.

During our visit to the Little Creek Casino for the Basket Weavers gathering I was reminded of all the math that goes into making baskets and all the time and energy it takes to keep our culture alive and thriving.

The smells of the grasses and bark sparked a flood of emotions in me and reminded me of my early childhood times spent with my grandmother. Seeing and talking to master story teller Erline Grinnell reminded me of my grandmother and all she stood for. I was reminded by Dale Croes that my grandmother was a huge part of getting the weavers together many years ago and how it has grown over the years from a few to a few thousand members! History is shared and living through our baskets.

Barbra Brotherton, Curator of Native American Art at the Seattle Art Museum, says, "From the Hands of a Weaver will enrich reader's understanding of this complex art form and fill a gap in the scholarship on Northwest Coast Native culture and basketry... A must have for specialists, educators, history buffs, and anyone who likes a compelling story." This book skims the lives of many famous weavers of the Northwest Coastal Tribes.



Isabelle Ides and great-grandson, Vincent Cooke, examine a 3,000 year-old Hoko River spruce root wet site basket in 1987

Final Class Report submitted to Dale Croes by Jennifer Yeaman, TESC Reservation Based Community Determined Program Student.

With the rise in electronics use such as iPads, cell phones and tablets, an emphasis has been placed on STEM (Science, Technology, Engineering, and Math) education. Through various volunteer programs, I participate in community outreach initiatives such as STEM night, career days, and job fairs that have a target audience of children and minority groups. I recently took a basketry class that exposed me to a S.T.E.A.M. methodology with the "A" standing for arts. After taking this class I would like to incorporate the arts and culture into my own community outreach initiatives. STEM education focuses on providing an environment of critical thinking, hands-on learning and problem solving when learning about the sciences and mathematics. Although there have been aggressive campaigns to promote STEM in high schools, students of color remain underrepresented in STEM related undergraduate programs (Fries-Bitt, Younger and Hall, 2010). Research has been conducted to find out ways to nurture an environment where minorities are encouraged

to thrive in STEM courses.

One study found that many students who pursuing STEM fields in college were not only encouraged to in grades K-12, but faculty at those levels provided confidence to those students as well. Teachers let students know that they had the abilities and talents to be in STEM (Fries-Bitt, Younger and Hall, Page 4). Making learning fun was another faculty behavior that contributed to student learning. Some examples of fun activities included: talking with inflection, showing an interest in the subject, and finding relevant ways to teach the subject and engage students in the classroom (Fries-Bitt, Younger and Hall).

Peer support also had an influence on STEM student engagement. For example, students attending historically Black colleges and universities benefitted from a student and faculty environment that felt like a "family." The study did admit that more research needed to be performed to find additional key behaviors from faculty. Whatever information is lacking is outshined by the strategies offered to increase the pool of students in STEM classes. The strategies suggested can be implemented in my local community using STEAM activities.

I live in Bremerton, Washington, located in Kitsap County. The estimated 2013 population is 39,056 (United States Census Bureau, 2014). Bremerton is located approximately 25 miles from the neighboring Suquamish and Port Gamble Tribes. One local school district is the Bremerton School district. The district enrollment count in 2014 was 4,948 students (OSPI, 2014). Of those students 53.5% were identified as white, 14.7% Hispanic, 2.2 Native Hawaiian/Other Pacific Islander and 1.5% Native American.

Many of the area school districts have respective American Indian Education Programs. Funding sources for these programs include Federal grants with an emphasis on student attendance and graduation completion. These programs pay for American Indian outreach liaisons to help students and school staff. Outreach liaisons are available to work with students, teachers, staff and the community to help students improve attendance and connect students learning services and cultural events. Given the established American Indian programs, funding and proximity to neighboring tribes, the STEAM approach may be utilized and incorporated into the curriculum.

STEAM methodology is similar to STEM only it incorporates an arts element. There are various programs that promote STEAM education. One program, Dramatic Results, links the arts with core subjects. Just like traditional STEM programs, Dramatic Results encourages critical thinking via questioning and hands-on approaches (Dramatic Results, 2014). Dramatic Results reported getting benefits such as, outperform-



Ancient & Modern Northwest Native Basketry *Continued from pages 7 & 8*

ing control students in standardized test math scores, and improvements in classroom behavior and motivation to learn (Dramatic Results, 2014). When tailored to Native American students, STEAM can provide cultural relevance to learning and build pride.

A Johns Hopkins University Summit publication titled, “Neuroeducation: Learning, Arts, and the Brain,” explores the benefits of incorporating arts into learning and a little about the science behind the benefits. “Verbal products rely mainly on sites in the temporal cortex in the left hemisphere. Schematic knowledge relies more heavily on the parietal cortex in the right hemisphere, and procedural knowledge requires neuronal clusters in the premotor cortex, cerebellum, and the structures called the basal ganglia. All three sources of knowledge contribute to the healthy development of a brain (Hopkins, page 25). Another benefit to incorporating the arts into STEM is developing self-confidence in a child. According to the article, “One strategy to mute a child’s discouraging valuation of self-competence is to provide the child with opportunities to be successful at some classroom task” (Hopkins, page 30).

The STEAM concept has been the traditional learning method for Native American students for many years. In the journal article, “Holistic Teaching/Learning for Native American Students,” author Robert W. Rhodes provides examples of the application of these methods. In this article the author recognizes that Native Americans have been successful in traditional education settings but the need for change to holistic models are important in order for Native Americans to succeed. The holistic model looks at projects as a whole rather than discrete objects. Things are related to each other and it is important to understand how and why. Characteristics of the holistic model include, “storytelling, group argumentative process and group learning” (Rhodes, Page 2).

Other holistic examples that demonstrated the value of adding art to learning were provided in our Basketry: Culture and STEAM class this quarter. In our course textbook, *From the Hands of a Weaver, Olympic Peninsula Basketry through Time*, edited by Jacilee Wray, I learned how the knowledge of basket weaving was handed down from generation to generation. Through storytelling Elders (teachers) would teach their students about basket construction, the materials and areas these materials were gathered, and the procedures to construct the baskets. Students would watch Elders construct the baskets before working on their own designs. These examples provide illustrations of how the arts not only benefit learning but show how they have been successfully practiced by American Indians. The combination of storytelling, visual understanding, and learning the procedures to create a basket coincides with practices that contribute to the healthy development of the brain. Allowing students to build a basket and tying the instruction to their culture helps build pride and self-confidence.

Reflecting on the positive strategies outlined in the previously referenced study, storytelling by Elders is an example of showing enthusiasm of the subject. In an academic setting teachers may not think of an Elder as official ‘faculty’ per se, but they are teachers nonetheless. Building baskets is an example of having curriculum that is relevant to the student. Collecting items as a group builds peer relations. These activities parallel the positives strategies outlined in the STEM study.

After learning about the science behind STEAM and the learning benefits to this approach, I am eager to incorporate STEAM into the school curriculum or in my outreach events. I can use my network of local parent advisory groups to suggest the idea and its benefits. Basic basketry and the collection of common basketry materials can be taught at local schools. Even though I see great benefits to this strategy I also anticipate barriers to implementation. One barrier is that the STEAM curriculum does not align to standards based tests distributed in school districts. The

questions on these tests do not test for competence of group work, storytelling or systems thinking.

Another barrier to incorporating the arts into current STEM programs is understanding. Many interventions for failing grades treat the symptom rather than the underlying problem. Many schools implement solutions such as student-parent contracts and home visits work to get students back in the classroom. These attempts are great but may not necessarily address why students are not there in the first place. Not having an understanding of the cultural aspects of STEAM instruction may be another hurdle to incorporating STEAM in the classroom.

Schools are already on a tight budget and face limited staffing. There may be limited budget to instruct teachers on STEAM techniques, build STEAM curriculum and measure results. Budget for materials could also be hard to come up with it. I am co-lead of a Hispanic employee resource group which performs community outreach. As co-lead I have some influence which may lead to our group being able to provide learning materials and volunteers to assist.

I have been faced with having a child with learning difficulties and trying to work with the school to help my student overcome them. I have been frustrated with being told that my child is not learning according to standard methods of instruction and their solution to the problem is lowering the standard rather than changing the method of instruction. One method of instruction may not be the best method for everyone. Just as Evergreen College has progressive ways of teaching, our public elementary, junior and high schools can look at the ways we are teaching, the citizens they are producing, and how they think. A STEAM curriculum offers an alternative learning method that benefits the mind and the spirit.

Student Reflection by Amber Hayward, Puyallup

This week of class, the RBCD program attended Saturday class at the Evergreen Longhouse. I attended the morning strand class, Ancient and Modern Northwest Native Basketry, offered by Dale Croes. Our group listened to guest speakers from the Squaxin Island Tribe: Paula Henry and Charlene Krise. Paula Henry spoke to our group about her history and experience with basket weaving. She brought us material to begin working on a raffia-coiled basket. I enjoyed her teachings immensely, as you could see she loves what she does and she’s a very gentle instructor. She explained the process of starting the basket very well and went around to each person to assist them.



Paula Henry

Our next guest speaker was Charlene Krise, the Squaxin Island Museum Director. I always enjoy listening to Ms. Krise speak as she too is very passionate about her tribe and their history. She tied together the Squaxin history with basket weaving and STEAM.

I also appreciated the time we had to bounce our final paper ideas off on Ms. Krise and Dr. Croes. This was helpful in trying to sort out what I wanted to do for my paper and also allow all of us students to get to know each other better as we each told Ms. Krise a little bit about ourselves.

The only issue that I had with class was we didn’t have enough time. This is no fault of anyone’s, but I really enjoyed the time we shared and wished we had more.



Student Reflection by Amber Hayward, Puyallup

During our last class of Ancient and Modern Northwest Native Basketry, we had a guest speaker from the Squaxin Island tribe, Vicky Engel. Ms. Engel discussed the math portion of S.T.E.A.M. and how to calculate how much material is needed in basket weaving. She also shared her family history with our class and I was able to connect with what she was sharing about her people.

Everyone from the class was able to present on their final paper. I enjoyed hearing about people's family weavers, comparison to modern day basketry, cradle to the grave, and the S.T.E.A.M. process. I thoroughly enjoyed this class and the group that participated this quarter.



Vicky Engel teaching the mathematics of button robes

ATTENTION SHELLFISH HARVESTERS:

NEW GATE AND LIMITED PARKING AT NORTH BAY WDFW SITE

By: Rana Brown - NR Shellfish Program December 2014



Photo credit: WDFW

A reminder to shellfish harvesters that the North Bay parking area along Hwy SR 302 had a locked gate to the parking area installed this year. During clam digs this winter, carpooling is highly encouraged as parking is very limited. The gate will be opened a half hour prior to the dig openings, so please do not arrive too early! Parking along the side of the road is highly discouraged and is dangerous, so to avoid this danger, and potential enforcement actions from the Washington State Patrol we urge harvesters to ride together.

Russell Cooper and Margaret Henry Represent Squaxin Island Tribe at Seattle Masonic Lodge

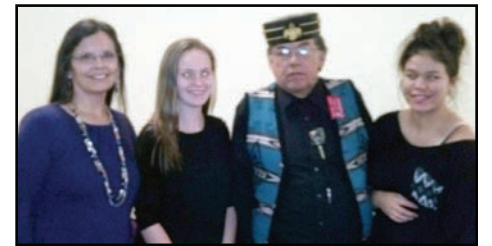


Russell Cooper, past Master of Union City #27 Masonic Lodge and member of Olympia Valley Scottish Rite - Scottish Rite Seattle invited me to represent Squaxin Island Tribe as their guest for Native American Appreciation month on November 1st. I invited Margaret Henry to come and help give the presentation of Squaxin Island Tribe, and she did a nA WESOME job.

My Granddaughter Shaelynne Clark came along, as did Tasha Smith. They said as long as they didn't have to say anything, they would come and be support... I gave a story and a couple of jokes, then my granddaughter got up and came to the front podium and took over my part. I guess she was tired of hearing me speak. She told an awesome story of a water-proof basket.

We shook everyone's hands around the lodge and exited the meeting with a great round of applause.

We were invited back next November; I'm hoping for the Canoe Family to come with me next year and give a presentation... Thank you, Margaret Henry, for such a great presentation and my support group....See you next year!



Margaret Henry, Russell Cooper, Tasha Smith and Shaelynne Clark



Russell Cooper and Margaret Henry



Russell and Sat Tashiro Theres



The Safe Streets/Squaxin Community Watch project wishes everyone a happy new year!

While we always have more work to do we are excited to start 2015 with hope and a strong foundation of community support.

Some of our accomplishments by press time include the nomination and appointment of 6 Advisory Board Members, including a treasurer, a secretary and two co-leaders of the board at our November 17th meeting. The Advisory Board serves as the community voice of the project and makes planning decisions, advocates for the project and works to increase participation. Congratulations to our current advisory board!

Co-leaders: Patricia Green and Audelia Araiza
Secretary: Chasity Masoner
Treasurer: Vicky Kruger
Members: Elizabeth Heredia and Lorna Lee Gouin

We are still looking for others to serve as advisors, particularly youth. At our meeting on December 16th, we recognized Sam Ackerman as an outstanding Community Watch participant for her support of the project, her completion of the Tribal Youth Police Academy in Wisconsin this summer, and her service as Secretary of the Squaxin Youth Council. Go Sam!

We would like to make a special note of appreciation to the whole Squaxin Island Youth Council for their Youth 2 Youth Healing Jam which took place on November 21st, 2014. Thank you to the Youth Council for your leadership and we look forward to more collaboration this year.

Our co-leader Patricia Green created a Safe Streets Squaxin Community Watch Facebook group to share news, reach new people and start a conversation about the project. Find the group and ask to join at <https://www.facebook.com/groups/1571611506393709> or by searching for "Safe Streets Squaxin Community Watch" from your Facebook profile.

January 26th - February 1st this year is National Drug Facts week, aimed at raising awareness in young people about the effects of drugs and alcohol. The Safe Streets/Community Watch project will be supporting the annual Drug and Alcohol Awareness Dinner on January 25th as well as attending the Northwest Indian Treatment Center's Recovery Coach Academy training that week. Join us at our meeting on January 20th at 5:00 p.m. in the Community Kitchen to talk about these opportunities and plan others!

Here are the Drug and Alcohol related statistics from the Squaxin Island Police Department for November 1st-30th:

Drug and Alcohol related incidents: 20 (12 Drug, 8 Alcohol related incidents, all adults)

- Arrests: 8
- Citations: 4
- Referred to other agencies: 4
- One anonymous drug tip on the Drug Tip Line: 360-462-7104

NOTE: A correction from last month's numbers: We incorrectly reported the statistics covered October 15th - November 12th when in fact they were for October 1st-31st, 2014. Evan apologizes for the error.

Next meeting: Tuesday, January 20th at 5:00 p.m. in the Community Kitchen



Sam Ackerman

Communication Motivated Elders
Activities Leadership Safety Youth
Identify Children Change
Police Working Drugs Pride Actions Support Violence
Plan Culture Force Jobs Parents
Pray Addiction Fear Watch Drug Come
Places Task Love Domestic Government Tools Peer
Clean Recovery Pressure Hope Connect
Goals More Document Reach Safe
VOC-Rehab Parent NA/AA Involvement Organize Involved
Squaxin Tribal Neighborhood
Together Respect Action



Squaxin Safe Streets is a group dedicated to reducing drug and alcohol abuse through building and organizing community. We are youth, families, and elders committed to make the reservation a safe and healthy place through community projects, prevention education, and recovery through culture. We would like to ask the Squaxin Island community to help us design a logo, which will be voted on at the annual Drug and Alcohol Awareness Dinner on January 25th. (Votes will be sorted by Tribal members, members of the community and general attendance)

Please submit your logo design by January 20th, 2015 at 4pm to Evan Welkin, Community Mobilization Specialist, at ewelkin@squaxin.us or in person. Designs can be any size but should be sent in high enough resolution that they can be scaled up without blurring. Logo should include the name "Squaxin Safe Streets," and the rest is up to your creativity and the voters!

Grand prize will be your logo on signs, T-shirts and other media, plus a \$100 gas card.

Winners and/or runners up will be given the opportunity to design a logo for the Squaxin Island Elders as well!



November Diabetes Awareness Month Event

Submitted by Patty Suskin, Diabetes Coordinator - Clinic staff Traci Lopeman (Women's Health), Lindy Parker (Colon Health) & Patty Suskin, (Diabetes) collaborated with a Health Awareness Event with Health Facts & "Spin the Wheel" for prizes. Participants enjoyed Indian Tea, compliments of Emma Valle & Tootsie, and Roasted Kale Chips from Traci Lopeman. (Kale recipe thanks to JeNene Miller & Kim Heller). Recipes were also provided. Participants took the Diabetes Risk Test.

Health Facts shared included the following:

- American Indians & Alaska Natives are twice as likely to have diabetes compared to non-Hispanic whites
- American Indians and Alaska Native youth aged 10-19 are 9 times more likely to have type 2 diabetes compared to non-Hispanic whites
- As a result, Dr. Ott would like all adults to be screening for diabetes annually. Children can begin screening at age 10.
- One in 8 women will be diagnosed with breast cancer in her lifetime.
- Men can also get breast cancer, although less than 1% of breast cancer occurs in men.



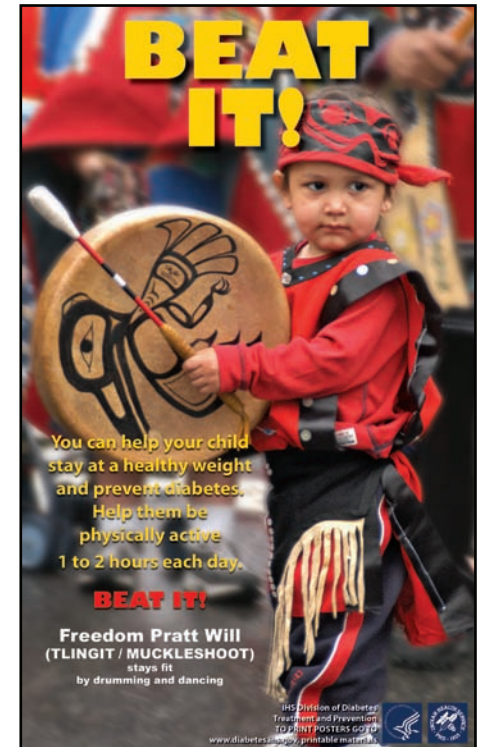
FREE BLOOD PRESSURE SCREENING 2015

The First Thursday of each month



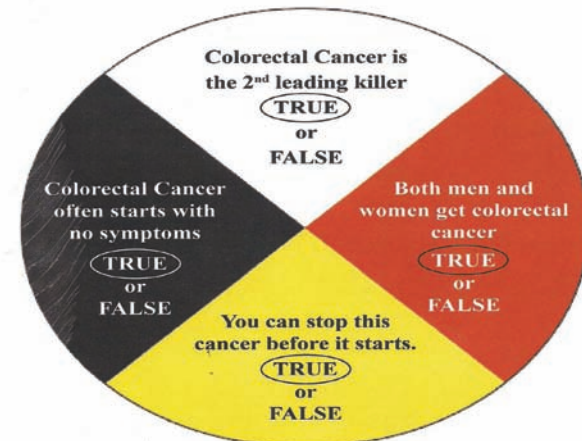
Blood Pressure checked by your friendly neighborhood firefighters

Where: Elder's building
When: 11:45am - 12:45 pm.
Everyone is welcome!



TRUE or FALSE

Testing for colorectal cancer can save your life. Screening tests can find precancerous polyps so they can be removed before they turn into cancer. Screening can also find colorectal cancer early when treatment is most effective. Talk to your health care provider.



preventcancer



Call Lindy Parker LPN at the SQUAXIN ISLAND HEALTH CLINIC for more information-360-432-3922

SCREENING SAVES LIVES!





Managing Diabetes

It's not easy, but it is worth it.
Socks Awarded-Congratulations!

Submitted by Patty Suskin, Diabetes Coordinator

Thank you, Rose, for taking care of your Diabetes in 2013! Rose was one of the 13 people who completed all the 2013 tests & exams recommended by the IHS Standards of Care for Type 2 Diabetes. As a reward, they are each provided a pair of comfortable and moisture-wicking merino wool socks (machine-washable, too). Congratulations!




Rose Davis

Submitted by Traci Lopeman, Women's Wellness Outreach Specialist in recognition of January being "Cervical Health Awareness Month"

Prevent Cervical Cancer

with the Right Test at the Right Time




Screening tests can find abnormal cells so they can be treated before they turn into cancer.

- The Pap test looks for changes in cells on the cervix that could turn into cancer if left untreated.
- The human papillomavirus (HPV) test looks for the virus that causes these cell changes.

The only cancer the Pap test screens for is cervical.

HPV is the main cause of cervical cancer.




- HPV is a very common virus, passed from one person to another during sex.
- Most people get it, but it usually goes away on its own.
- If HPV doesn't go away, it can cause cancer.

Most women don't need a Pap test every year!


Have your 1st Pap test when you're **21**

If your test results are normal, you can wait **3 years** for your next Pap test.




When you turn **30** you have a choice:

If your test results are normal, get a Pap test every **3 years**.
OR
Get both a Pap test and an HPV test every **5 years**.

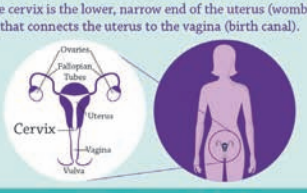


You can stop getting screened if:


- You're older than **65** and have had normal Pap test results for many years.
- Your cervix was removed during surgery for a non-cancerous condition like fibroids.




The cervix is the lower, narrow end of the uterus (womb) that connects the uterus to the vagina (birth canal).




No insurance? You may be able to get free or low-cost screening through CDC's National Breast and Cervical Cancer Early Detection Program. Call (800) CDC-INFO or scan this QR code.




More information about cervical cancer: www.cdc.gov/cancer/cervical/



National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control





WIC at SPIPA
(Women, Infants, and Children)
provides healthy foods & nutrition information for you and your child up to age 5.

Please bring:
Your child, Provider One Card or paystub and Identification for you & your child

Tuesday, January 13th is WIC DAY at SPIPA

Contact at SPIPA for an appointment:
Debbie Gardipee-Reyes
360 462-3227, gardipee@spipa.org
or Patty Suskin 360 462-3224

10 tips use SuperTracker your way

Nutrition Education Series



10 tips to get started

SuperTracker is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices.

- 1 create a profile**
Enter information about yourself on the **Create Profile** page to get a personal calorie limit and food plan; register to save your data and access it any time.
- 2 compare foods**
Check out **Food-A-Pedia** to look up nutrition info for over 8,000 foods and compare foods side by side.
- 3 get your plan**
View **My Plan** to see your daily food group targets—what and how much to eat within your calorie allowance.
- 4 track your foods and activities**
Use **Food Tracker** and **Physical Activity Tracker** to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.
- 5 build a combo**
Try **My Combo** to link and save foods that you typically eat together, so you can add them to meals with one click.
- 6 run a report**
Go to **My Reports** to measure progress; choose from six reports that range from a simple meal summary to an indepth analysis of food group and nutrient intakes over time.
- 7 set a goal**
Explore **My Top 5 Goals** to choose up to five personal goals that you want to achieve. Sign up for **My Coach Center** to get tips and support as you work toward your goals.
- 8 track your weight**
Visit **My Weight Manager** to enter your weight and track progress over time; compare your weight history to trends in your calorie intake and physical activity.
- 9 record a journal entry**
Use **My Journal** to record daily events; identify triggers that may be associated with changes in your health behaviors and weight.
- 10 refer a friend!**
Tell your friends and family about **SuperTracker**; help them get started today.

USDA United States Department of Agriculture Center for Nutrition Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 17
December 2011
USDA is an equal opportunity provider and employer.



Bundle up and enjoy these 2 local trails



BY CRAIG HILL, THE OLYMPIAN
Modifications by Patty Suskin, Diabetes Coordinator

The trails at Burfoot County Park include boardwalks as the trail approaches Budd Inlet.

Burfoot County Park's trail leads to 1,000 feet of shoreline on Budd Inlet.

Burfoot County Park

WHERE: Olympia.

MILES: 3.8.

ELEVATION GAIN: 250 feet.

GETTING THERE: From Plum Street in Olympia, drive north as the road becomes East Bay Drive and then Boston Harbor Road. The park is on your left, about 6.5 miles north of East Bay Waterfront Park.

DOGS: Must be on leashes. Clean up after them.

THE TRAIL: According to a trail guide published by the City of Olympia, there are 3.8 miles of trails packed into this 50-acre Thurston County park. These trails don't necessarily flow neatly into one 3.8-mile hike, but a walk here still has plenty to offer. There are shelters and benches along the paths, boardwalks, an open area and playground for turning the kids loose, and interpretive signage. But the highlight is arguably the 1,100-foot beach on Budd Inlet, where you can enjoy the view of Olympia and the Capitol building.

MORE INFO: co.thurston.wa.us/parks.

William Ives Trail

WHERE: Lacey.

MILES: 3 (round trip).

ELEVATION GAIN: Mostly flat.

GETTING THERE: From Interstate 5 in Lacey, take Exit 111 and turn north on Marvin Road. After 0.2 miles, turn right on Hogum Bay Road then right on Willamette Drive. After 1.5 miles turn right on Campus Glen Drive and park at Meridian Neighborhood Park. To find the trailhead, cross Campus Glen Drive and turn right on the sidewalk. Walk about 500 feet and find the trail on your left.

DOGS: Must be on leashes. Clean up after them.

THE TRAIL: This City of Lacey trail is a flat, easily accessed path through the woods near the Golf Club at Hawks Prairie's Woodlands course. The trail offers occasional fairway views, but the trees are thick enough to protect you from most errant golf shots. Use the crosswalk once you reach Campus Park Drive toward the east end of the trail and continue to a large storm pond. From the right angle, you could probably snap a selfie that makes it look as if you ventured someplace a little wilder than Lacey's north side. The trail, dedicated in 2008, is named for the surveyor credited with extending the Willamette Meridian (the principle line for land surveying in Washington) from Portland to Puget Sound in 1851.

MORE INFO: ci.lawillacey.wa.us.

Clinic Events

Mammogram Clinic

February 24th

Contact Traci Lopeman
360-432-3930

Brief Community Walk

Every Thursday at 12:40 p.m.

Meet at Elder's Building
After Lunch

Free Diabetes Screening

at Health Promotions
Tuesday through Friday
Contact Melissa Grant

Smart Shopping/ Food Label Workshops

Contact Patty to schedule

Health Promotions

We have exercise videos
in the building across
from clinic
Work out alone, with us
or schedule a time for a group

Our Nationally Recognized Lifestyle Balance Program

If you are ready to lose weight,
we can provide support.
Native American and over 18

Contact Melissa Grant (360)432-3926
Patty Suskin (360)432-3929





Your Child Will Feel Great by Playing, Laughing, & Eating Well

Every parent wants to see their child happy, wearing a big smile. One way to help your child feel good from the inside out is to encourage them to move their body every day.

Running, jumping, and playing often leads to smiling and laughing. It helps children get rid of stress and feel joy. They will develop a healthy habit, one that will help their body, mind, and spirit.

There are other ways to help your child feel their best. Try a few of these tips. Join your child. Your entire family will feel great!

Limit screen time

You can help your child take small steps to be more physically active. Limit their computer, television, and phone time, so they'll have more time to play!

If your child is going to watch TV or play computer games, break it up! Pause the game. Make commercial breaks into "Move Breaks." Make it fun!

- Jumping jacks
- Dancing
- Sit-ups and push-ups
- Jogging in place

Play actively every day

Have your child work up to playing actively for about two hours every day. Remember, it doesn't all need to happen at one time. Playing throughout the day all adds up. Join your child:

- Ride bikes.
- Run around the block.
- Play basketball.
- Walk the dog.
- Join a dance class.



Eat more fruits and vegetables

Your child's body needs many kinds of foods to grow up healthy. They need plenty of fruits and vegetables.

Here are some tips to help your child eat more fruits and vegetables:

- Give fruit as a snack. Give apples, strawberries, oranges, or grapes.
- Give veggies as a snack. Slice up some carrots, celery sticks, and cucumbers.
- Top cereal, oatmeal, or toast with strawberries, blueberries, or bananas.
- Keep it colorful – make a salad with a variety of veggies, like corn, carrots, and spinach.
- Try mixing vegetables into your child's favorite foods. Order a veggie pizza with toppings like green peppers and tomatoes.
- Let your child help you in the kitchen. Give them a special job, like stirring and adding ingredients. They will know

they helped with the meal, and feel good about it.

If you need help getting fruits and vegetables for your family, please ask a tribal staff person or health care provider about local food resources.

Drink lots of water

Give your child plenty of water and low-fat milk (or non-dairy milk.)

- Give water instead of sugar-sweetened drinks, punch, soda, or juice.
- Add some lemon or cucumber to add flavor to water.
- Give low-fat milk instead of whole milk.

Try a few of these steps. Every day, try another step. You will be helping your child and your entire family feel better. You will be giving your child a healthy start on life. They will be developing good habits, ones to last a lifetime.



Produced by the IHS
Division of Diabetes
Treatment and Prevention
www.diabetes.ihs.gov

Elder Lunch Menu

Thurs 1	CLOSED
Mon 5:	Lasagna
Tues 6:	Soup and Sandwich
Wed 7:	Beef Stroganoff
Thurs 8:	Baked Chicken
Mon 12:	Chicken Fried Steak
Tues 13:	Soup and Sandwich
Wed 14:	Roast Beef/Elk
Thurs 15:	Flank Steak
Mon 19:	Chicken Wraps
Tues 20:	Soup and Sandwich
Wed 21:	Vegetable Penne
Thurs 22:	Pork Chops
Mon 26:	Pasta Bar
Tues 27:	Soup & Sandwich
Wed 28:	Birthday Dinner
Thurs 29:	French Dips

This Month: Baskets taught by Herb Johns

Building Strong Families Through Culture

When: October 8, 2013-September 30, 2014

Where: Museum

When: Tuesday

Time: 3:00 –5:00 PM

Focus is on the formation and maintenance of two-parent families and prevention of out-of-wedlock pregnancies.

Sponsored by SPIPA-TANF.





New Employee Barry Hagmann

Hi! I have been hired to work for Squaxin Island Tribe law enforcement. I have 20 years experience in law enforcement and I'm looking forward to serving the Squaxin Island Tribe. I am a family oriented father of two wonderful children who consume a lot of my time.



Tribal Police Drug Tip Hotline

360-462-7104

Leave anonymous messages on this newly reactivated, regularly monitored message line direct to the Squaxin Island Police. You will be asked to leave a message on this non-emergency line and not be required to speak with anyone, but please leave as many important details as possible to help law enforcement pursue tips: the who, what, when, where of your tip are really important, especially with as much up-to-date, factual information as possible. If there is an emergency or you need immediate assistance, call 9-1-1.

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THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:
J.V.
And
V.R.

Case No.: SQI-CW-2014-1410-0244
SQI-CW-2014-1410-0245

NOTICE OF FACT FINDING AND
DISPOSITIONAL HEARING

Indian Children

THE SQUAXIN ISLAND TRIBAL FAMILY COURT TO THE SAID Fernando Rodriguez, Sr.

YOU ARE HEREBY NOTIFIED THAT pursuant to Section 10.08 of the Squaxin Island Youth code, a Fact Finding and Dispositional Hearing for the above named youths has been filed in the Squaxin Island Youth Court. The hearing on this matter shall be held on the 4th Day of February, 2015 at 12:00 p.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A FOSTER HOME OR RELATIVE PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

Post: January 1, 2015
Publish: January 1, 2015

NOTICE OF HEARING – PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.4362.1771



Happy Birthday

- 1

Nancy A. Moore
Jessica Kay Solano
Aaron Nathaniel Evans
- 2

Tory Lee Hagmann
Fernando M. Rodriguez
Patrick Allen Braese
- 3

Nohea S. K. Robinson-Black
- 4

Mary Elena Cruz
Mary Lou Garrett
Halia Marie Cooper-Lewis
Elias Dade Coley
Aaron M. Raven Peters
- 5

Lametta Mae LaClair
Christopher Wade Stewart
Two Hawks Krise Young
- 6

Moses Elijah Kruger
Sherry Lynn Haskett
Samantha Elizabeth Ackerman
Lincoln L. Villanueva
- 7

Melissa R D Whitener
Charlene Holly Blueback
Kaleb Darrell Krise
Zachery G. Clark
- 8

Shila Mae Blueback
Francis Arnold Cooper, Jr.
Patti Lee Riley
Meloney R. Hause
Melanie Evelyn Sequak
- 9

Janita Lee Raham
Emmalee Georgena James
Jazmin Victoria James
Deanna Mary Hawks
- 10

Isaac J. Ackerman
Samantha S. Armas
Stephanie Michele Peters
Tiffany A. Valderas
- 11

Seilyah Emily Louise Smith
Cassidy J. Gott
Lolyta Jean Johns
Natasha P. Gamber-Chokos
Anthony Joe Armas
Patricia Johnna Green
- 13

Connie Renee Whitener
Marvin Eugene Campbell, Jr.
- 14

Sheena Marie Lewis Glover
- 15

Theresa Maiselle Bridges
Jesse Raymond James
Kayla Marie Scelopin Peters
Ashton Ryder Coble
- 16

Imalee Rose Tom
Shelby V. Riley
- 17

Tristan Isaiah Coley
Leanora Christine Krise
Barbara E. Cleveland
Charlotte Sky Bradley
Whitney Amber Jones
- 18

Lorna Lee Gouin
David Norman Dorland
John A. Ackerman
- 19

Emily Ruth Whitener
- 20

Jadha Ann James
David Micheal Bear Lewis
Leonard William Hawks, III
Santana Lee Mesplie-Sanchez
- 21

Jacob W. Campbell
Traci Lynn Lopeman
- 22

Percy James Welcome
Kahsai Tiefel Gamber
Shawnell Lynn McFarlane
- 23

Keona Anahoi Rocero
Linda Kay Jones
- 24

Miguel Jordan Saenz-Garcia
Mini Marie Gamber
- 25

Margaret Catherine Henry
Jace L. Merriman
Adonis Micheal Bradley
Percina Erin Bradley
- 26

Myeisha Marie Pearl Little Sun
Jayda Evelyn Leigh Hawks
Dakodah Delaney Vigil
Robert Charles Lacefield
- 27

Guy Tatum Cain
Alohna J. Clark
Cheryl Rae Melton
Emily Ann Baxter
Amanda R. Salgado
- 28

Eva Alexandra Rodriguez
Rebeckah Jeanette Ford
- 29

Sharleina E. Henry
- 30

Buck Gene Clark, Jr.
- 31

Alicia Ilene Obi
Brandon Lee Stewart

What's Happening						
AA & ALANON Every Thursday 7:30 p.m. in the Elders Building				1	2	3
4	5	6	7	8	9	10
	Tribal Center Reopens		Family Court	Council Mtg.		General Body Meeting
11	12	13	14	15	16	17
		Criminal/Civil Court				
18	19	20	21	22	23	24
				Council Mtg.		
25	26	27	28	29	30	31
Drug/Alcohol Awareness Dinner		Criminal/Civil Court				





Lost LOVED Earring (Thurs. 12/4 Elders building)



If you have found this earring (lost Thursday, December 4th to and from the Elders Building), please call Lori at 360-491-7616 or drop the earring off at the Elders building with Elizabeth, Janita, Kurt or Dorinda.



happy anniversary

**Tully and Vicki Kruger
January 1st**



FACTORY OUTLET STORE

**JANUARY
"NEW YEAR SPECIAL"**

PREMIS CIGARETTES

\$28.75 per carton

Located at the factory
Hours: M - F 9 AM - 3 PM



MUST SHOW TRIBAL MEMBERSHIP CARD
(\$5.00 TRIBAL DISCOUNT EVERY CARTON EVERY DAY)
NOT INCLUDED IN MONTHLY SPECIALS

Center News Squaxin island Child Development Center

Center Events

- Closed January 1st for New Years
- Staff In-Service Day January 16th Center will be closed

Reminder

Dear Families,

We play outside daily and do messy projects. Please be sure your child is dressed in clothes you do not mind getting dirty. Extra clothes are a must, also just in case we get too dirty or wet.

Thank You!

Volunteers...

We are always looking for ways to enhance the children's experience and immerse them in knowledge. If you would like to come in and volunteer to do special projects, events, or just sit and read with the kids please let us know.



Annual Christmas Tree Lighting

The annual Christmas Tree Lighting took place on Wednesday, December 3

Thank you, Santa, for coming to our party!

Thank you TLC and DCD for hosting! A big Thank you, DCD, Vince Henry and the Maintenance crew, for your efforts and installing the lights!



THE ULTIMATE ELVIS
Justin Shander

GUEST APPRECIATION CONCERT
FREE TICKET WITH PLAYERS CLUB CARD

THURS | JAN 15
TICKETS | \$10 W/ PLAYERS CLUB CARD
CONCERT 7PM

the BEST
2014

SEE PLAYERS CLUB FOR MORE INFORMATION

LITTLE CREEK CASINO RESORT
www.little-creek.com

Must be 21 or older. General Admission. Advance tickets required.

THURSDAY | JAN 29 | 7PM

JENNY McCARTHY'S
Dirty Sexy Funny

A night of comedy hosted by Jenny McCarthy featuring four of today's hottest female stand-up comedians

TICKETS \$40 | \$30 | \$20

FOR TICKETS VISIT THE BOX OFFICE, ONLINE, OR CALL 800-667-7711

LITTLE CREEK CASINO RESORT
www.little-creek.com

Must be 21 or older. Call for Skyline.

BINGO

Friday • Jan 16th • 6:30pm
Saturday • Jan 17th • 12:00pm & 4:30pm
Sunday • Jan 18th • 4:30pm
Early Bird Specials at 4:30 & 6:30 sessions

Wear your New Year's Eve attire to receive a free Level 1 (3-on) with buy-in

Bring a Friend!
You'll both receive a FREE level 1 (3-on)*
If your friend signs up as a new Players Club Member, you'll both receive a blackout pack*

*With valid buy-in Regular games only

\$100 Hotseat drawings every hour!
\$79 Special Room Rate for Bingo Participants
See Keno for more details 1-800-667-7711
Must show Bingo Room Rate Coupon at time of check-in to receive special room rate
Customers can call in advance to book rooms
Must be 21 or older for Bingo Specials

LITTLE CREEK CASINO RESORT
www.little-creek.com
Call 800-667-7711 for more details



The Trading Post distributed 60 bags of fixings to the elders on November 24th. We had a great turn out and wonderful, positive feedback from all of the families who stopped by to pick up their fixings.

THURSDAY | JAN 29 | 7PM

JENNY McCARTHY'S
Dirty Sexy Funny

Swipe WIN Seats!

Enter at our in-store kiosk located at Kamilche Trading Post & Steamboat Trading Post! Visit tradingpostrewards.com for details.

LITTLE CREEK CASINO RESORT

TRADING POST

THE ULTIMATE ELVIS
Justin Shander

THURS | JAN 15
\$10 WITHOUT PLAYERS CARD
CONCERT 7PM

Swipe WIN Seats!

Enter at our in-store kiosk located at Kamilche Trading Post & Steamboat Trading Post! Visit tradingpostrewards.com for details.

TRADING POST

TRADING POST

30 YARD PRIZE PLAY

PRIZES, 2X POINTS & MORE!*

In January **one lucky Trading Post Rewards member** will win a **Coors Light® compact refrigerator & 36" TV!***

No purchase necessary, receive entries for **every in-store purchase of \$30 or more!***

JANUARY'S FINAL GRAND PRIZES...

Coors Light® compact refrigerator & 36" flat screen TV!*

Coors LIGHT

*No purchase necessary, visit www.tradingpostrewards.com for more information. Discounts on game day merchandise valid Mondays, Thursdays and Sundays. To participate must be a valid Trading Post Rewards Club Member 18. Must be 21 or older to win monthly grand prizes. Management reserves the right to cancel or modify this promotion without prior notice. Prizes awarded may differ from images shown. Promotion ends January 18th, 2015. Final prize drawings will be held January 26th, 2015.

Coors LIGHT